



## Postgraduate Diploma in Creative Arts Therapy

*Why do the shortest  
words often hold the  
biggest meaning?  
Care. Heal. Belong.*





## ARTS THERAPY



### Qualification

Level 8 / 120 credits



### Duration

1 year



### Delivery

Distance +  
10 in-person seminars



### Location

Auckland Manukau  
Christchurch



### Next intakes

February

We're proud to offer our Postgraduate Diploma in Creative Arts Therapy. If you want to integrate creativity with a commitment to wellbeing, this is the pathway that makes it real.

This one-year PGDip weaves together **hands-on artmaking**, **critical research**, and **therapeutic awareness**, all grounded in the cultural realities of Aotearoa. You'll learn through immersive wānanga-style hui in Auckland Manukau or Christchurch, supported by distance learning.

Our learning is collaborative—between therapist, client, and community—using visual arts, drama, dance/movement, creative writing, and nature-connected practices to support physical, emotional, and spiritual wellbeing.

Guided by the **A | R | T | S** philosophy, you'll move through four pillars: **Arts Practice**, **Research Capacities**, **Therapy Capacities**, and **Situated Practice**.

You'll discover your strengths in **creative self-discovery**, deepen your understanding of **diverse social and cultural frameworks** (including Te Tiriti o Waitangi), and develop **practical skills** to facilitate group therapy and support real-world wellbeing.

Whitecliffe's programme is grounded in **cultural responsiveness**, respect for **diverse healing traditions**, and a **holistic, ethical approach**. With expert faculty, supervised clinical placements, and the chance to work alongside peers, you graduate ready to make a true difference.

For more indepth information please pick up or download our prospectus, visit our website or **give us a call**.

Applications are open now.

Whitecliffe.

Where you belong.

### Further study options

Level 9 Master of Creative Arts Therapy (Clinical)

### Get in touch

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[www.whitecliffe.ac.nz](http://www.whitecliffe.ac.nz)